



Thrunscoe Primary and Nursery Academy

Healthy Eating and Food Policy

Contents:

1. Rationale
2. Aims
3. Procedures
4. Meals Policy
5. Healthy Eating – Snack Policy
6. Healthy Eating – Water Policy
7. Healthy Eating Initiatives and Educational Opportunities
8. Food Handling and Preparation
9. Partnership with Parents and Carers
10. Disability Equality Impact Assessment

Rationale

At Thrunscoe Primary Academy we are committed to helping children and parents achieve more by promoting healthy eating and we will endeavour to encourage our children and families to eat a healthy well-balanced diet.

At Thrunscoe Primary Academy we will ensure that we provide accurate and consistent information and advice about food and health.

Thrunscoe Primary Academy has written this policy to ensure that best practice and procedures are carried out at the academy. This policy complies with the legal requirements of the Early Years Foundation Stage statutory framework.

Aims

- To improve the health and fitness outcomes of the whole community by providing high quality information, advice and opportunities.
- To ensure children have access to nutritious and tasty food and snacks and water is available throughout the day.
- The academy will ensure that the food and snacks it provides reflect the cultures of the children and families and meet medical and dietary requirements.

Procedures

Meals Policy

- Hot meals/sandwich options are provided by Chartwells Creative Kitchens.
- Hot meals/sandwiches must be pre-ordered by parents/carers through the Chartwells website.
- Cold packed lunches can be provided by parents as an alternative.
- Packed lunches must not contain fizzy drinks, sweets or chocolate bars.
- Parents/carers are not permitted to send hot food or food for re-heating into the academy. This includes flasks containing hot food or drinks unless this has been preapproved by the Headteacher.
- Parents/carers have the option to collect their children at the start of the lunch break for lunch off site and return them to the academy before the start of the afternoon session at 1pm.

Healthy Eating – Snack Policy

- At Thrunscoe Primary Academy all key stage 1 and reception children have access to fresh fruit or vegetables each day.
- At special events and occasions the academy will allow children to eat treats such as sweets or biscuits.
- Parents and carers using the academy will be made aware that food and snacks brought in from home should not include sweets, fizzy drinks and nuts (due to allergies). Hot snacks from home are not allowed.

Healthy Eating - Water Policy

- At Thrunscoe Primary Academy we will ensure that fresh water is available from drinking fountains located within the academy.
- Children will be encouraged to bring in bottles of water from home.
- Children are permitted to take water bottles outside and are encouraged to drink fluids after playtimes and physical sporting activities.
- Members of staff and visitors to the academy have access to water coolers and drinking water at all times.

Healthy Eating Initiatives and Educational Opportunities

- Thrunscoe Primary Academy will organise a range of activities and special events designed to enthuse and increase knowledge and understanding about food and how to lead a healthy lifestyle.
- During some of these activities and events children will be encouraged to try new foods and will have the opportunity to experience foods from other regions and cultures of the world.
- The academy runs a daily breakfast club that offers healthy choices of low fat cereal, toast, fruit juices and milk. The breakfast club is for pupils from Nursery to Year 6.
- Thrunscoe Primary Academy will work closely with the local NHS trust and other professionals to deliver the underlying principles of the Every Child Matters Agenda through various initiatives such as the '5 a Day' and 'Change 4 Life' projects.

Food Handling and Preparation

At the academy staff, parents and adults involved in the preparation of food are expected to follow stringent health and hygiene instructions including:

1. Washing hands with soap and water before touching and preparing food
2. Cover all skin blemishes, cuts and open wounds with blue plasters
3. Washing and drying hands after going to the toilet
4. Only using equipment provided by the academy to prepare food
5. Wiping all surfaces with a clean cloth and antibacterial spray
6. Following careful instructions when using knives or sharp equipment
7. Ensuring food is stored and cooked according to current legislation.

Partnership with Parents and Carers

- Academy newsletters will contain details of any amendments to procedures or special events related to healthy eating and lifestyles.
- The academy does not permit children or parents to bring in fizzy drinks or bottles and remind parents that only water can be consumed on the premises.
- The academy does not permit children or parents to bring hot food into school, food for reheating or flasks containing hot food.
- Parents are asked to notify the Headteacher and class teacher if their child has any specific dietary requirements or medical conditions associated with food.

Disability Equality Impact Assessment

This policy has been written with reference to and in consideration of the academy's Disability Equality Scheme. Assessment will include consideration of issues identified by the involvement of disabled children, staff and parents and any information the academy holds on disabled children, staff and parents.

Any questions or concerns regarding this policy should be made to the Business Manager

Policy reviewed: March 2024

Approved by the Resources Committee of the Governing Body on: 26th March 2024

Next review date: March 2026